































Plank Tracker

30 Day Challenge

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|---|---|--|--|--|
|  Day 1 20 sec |  Day 2 20 sec |  Day 3 30 sec |  Day 4 30 sec |  Day 5 40 sec |
|  Day 6 40 sec |  Day 7 45 sec |  Day 8 45 sec |  Day 9 1 min |  Day 10 1 min |
|  Day 11 1 min |  Day 12 1 min 30 s |  Day 13 1 min 30 s |  Day 14 1 min 40 s |  Day 15 1 min 50 s |
|  Day 16 2 min |  Day 17 2 min |  Day 18 2 min 30 s |  Day 19 2 min 40 s |  Day 20 2 min 50 s |
|  Day 21 3 min |  Day 22 3 min |  Day 23 3 min 30 s |  Day 24 3 min 40 s |  Day 25 3 min 50 s |
|  Day 26 4 min |  Day 27 4 min |  Day 28 4 min 30 s |  Day 29 4 min 40 s |  Day 30 5 min |